



Immunity Boosting Recipes

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Introduction

Over the years, I've experimented in my own kitchen to create new favorites that follow the Immunity Boosting Meal Plan. Some are redos of old family recipes, and others are newly discovered.

Feel free to adapt these to your own family and don't be afraid to experiment! You'll soon discover that adopting the Immunity Boosting Meal Plan is easier than ever before! Enjoy!

Kevyn Kennedy, Naturopathic Doctor



Snacks

When you eat REAL FOOD, it digests easily and fast. You will find that you may be hungry an hour or two after a meal. That's normal! Have a snack *whenever you are hungry*.

My Favorite Snacks

Here are a few of my favorites! Remember: you never go hungry on the *Immunity Boosting Protocol*. You can have many of these prepared and ready in your refrigerator to grab and go!

- Fruit - grapes, oranges, watermelons, berries
- Veggie sticks
- Apple slices (sprinkle with lemon juice to prevent oxidation)
- Apple slices with almond butter
- Apple with dates - (eaten together are very healing for your adrenal glands)
- Dates
- Hummus

In addition to whole food snacks, making your own hummus and salsas can help you be ready to go whenever the craving for something comes upon you. Having things within easy reach and ready will keep you on track!



Snacks

Creamy Hummus

You'll always find a can or two of chickpeas in my pantry to make this delicious hummus. I have hummus in my refrigerator nearly at all times. It's creamy with a burst of flavor and will satisfy your cravings immediately!

Ingredients:

- 1 15 oz can of chickpeas - rinsed and drained
- ¼ cup fresh lemon juice
- ¼ cup well stirred tahini
- 1 small clove garlic, minced
- 2 tbsp extra virgin olive oil
- ½ tsp ground cumin
- ½ tsp salt
- 2-3 tbsp of water
- dash of paprika for serving
- salt to taste

Directions:

1. In your food processor, combine the tahini and lemon juice and process for 1 minute. Scrape the sides and bottom of the bowl and process for 30 seconds more.
2. Add the olive oil, minced garlic, cumin, and a ½ teaspoon of salt to the tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds until well blended.
3. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and smooth: 1 to 2 minutes.
4. Add water if needed to get a smooth consistency. Add extra salt to taste. Will keep in the refrigerator for about 5 days.

Serve this yummy goodness with raw veggies or gluten free crackers.

Snacks

Amy's Avocado and Pomegranate Salsa

This recipe converted my Daughter-in-Law, Amy, from an avocado social distancer to an avocado lover! She always requests this recipe. Thank you Melinda McNaughton for the recipe.

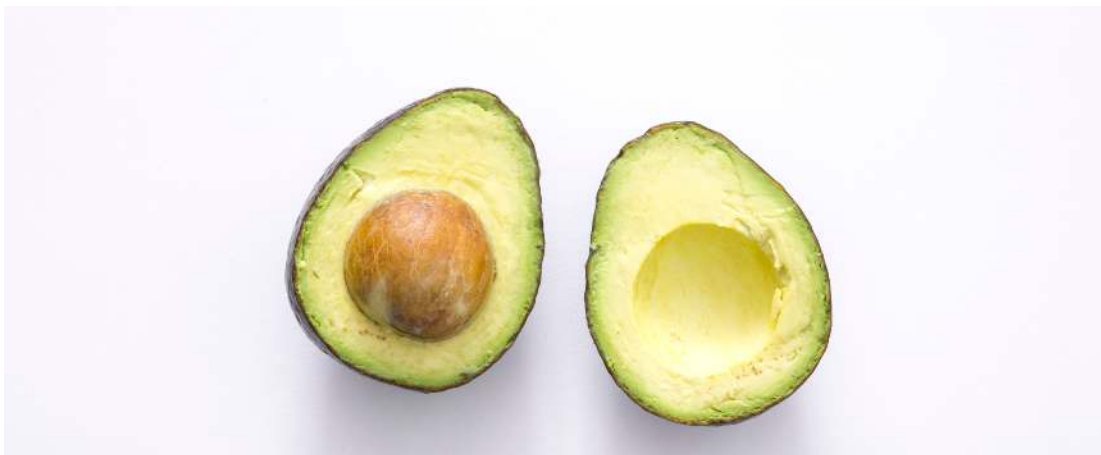
Ingredients:

- 2 avocados diced
- juice of 1 lime
- 1 12 oz can mandarin oranges (no sugar added) drained and diced
- 1 cup pomegranate seeds
- 2 green onions thinly sliced
- ½ cup cilantro chopped
- 2 tbsp honey
- ½ tsp salt
- 1 jalapeno pepper chopped

Directions

1. Combine avocado, green onions, cilantro, salt, and jalapeno.
2. Drain mandarin oranges and chop. After chopping - drain again.
3. Add oranges and pomegranate seeds to the bowl.
4. Combine honey and lime juice (whisk to blend). Toss ingredients gently with lime juice and honey. Add salt as needed.

I use Siete brand chips to dip with the salsa. I know you'll love this salsa as much as Amy does!



Breakfast

Think “fruit” in the mornings. Fruit is a good morning food, as it continues the cleansing your body has been doing while you were sleeping.

Fruit smoothies are great for mornings. After having lemon water and 16 oz of celery juice, a fruit smoothie is a good transition into the day.

The Overnight Oats are great because they will keep in the fridge for about 5 days. Adding fruit to your Overnight Oats is another way to get more cleansing fruit into your body and fill you up at the same time!

You'll find some favorite breakfast recipes next!

